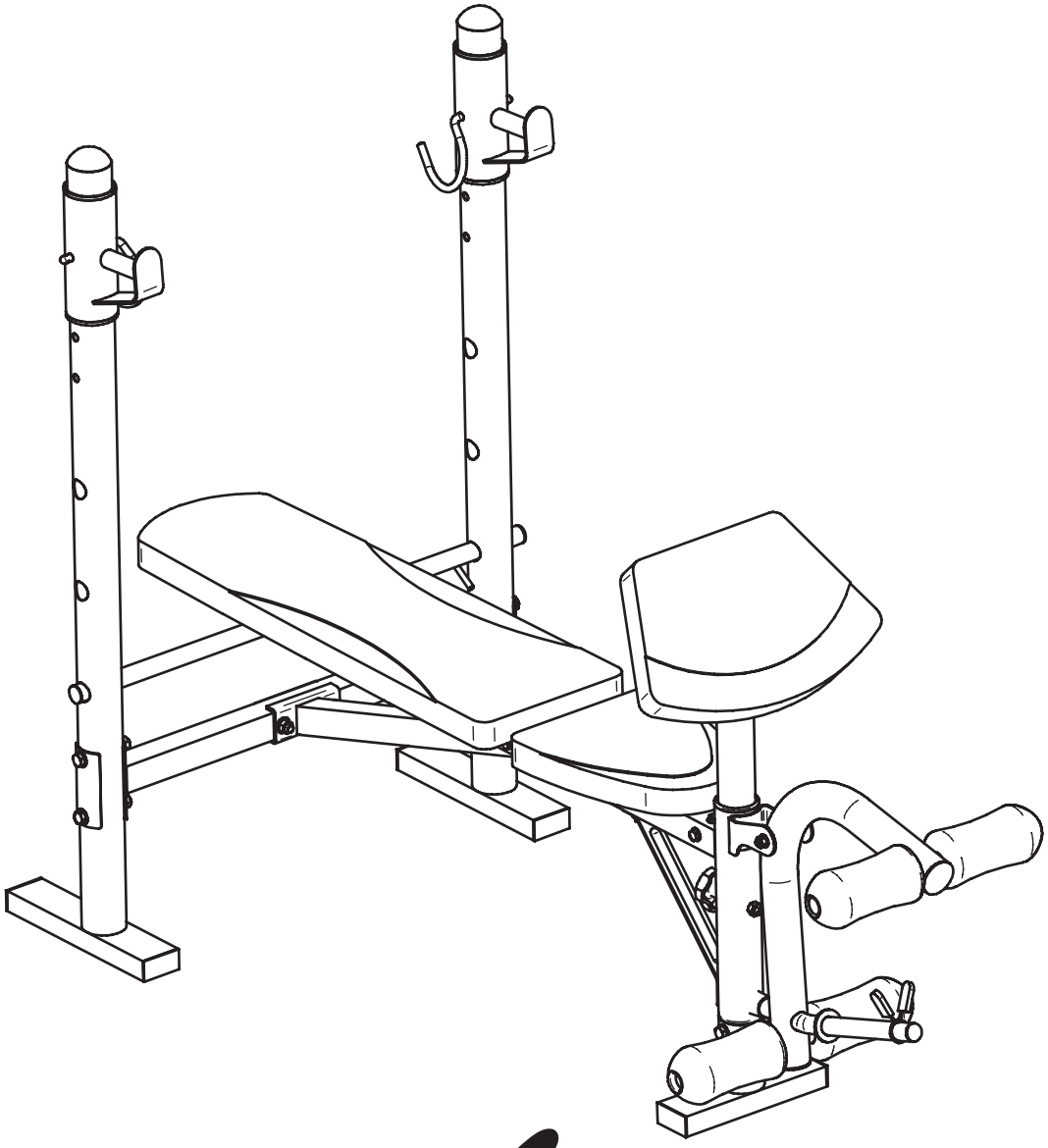
BM 160

NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO

GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO
INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
Инструкция по использованию

Οδηγίες χρήσης
INSTRUCȚIUNI DE UTILIZARE
NÁVOD NA POUŽITIE
NÁVOD K POUŽITÍ
使用说明书



DOMYOS

BM 160

Notice à conserver
Keep these instructions
Conservar instrucciones
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Οδηγίες προς φύλαξη
A se păstra instrucțiunile
Návod je potrebné uchovať
Návod je třeba uchovat
请妥善保存说明书

Réalisation : EVOLUTTON + 32 / 69 250 500

DOMYOS

decathlon creation©

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France

www.decathlon.com Made in Turkey - Hecho en Turquía - 土耳其 制造 - Произведено в Тунисе

Réf. pack : 308.152 - CNPJ : 02.314.041/0001-88 合格品

Numéro Numero Número Nummer Numero Nummer Número Numer szám номер αριθμός Număr Číslo Číslo 号码	Quantité Quantity Cantidad Menge Quantità Hoeveelheid Quantidade Ilość mennyiség количество ποσότητα Cantitate Množstvo Množství 数量
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02	2
03	1
04	1
05	1
06	1
07	1
08	1
09	1
10	2
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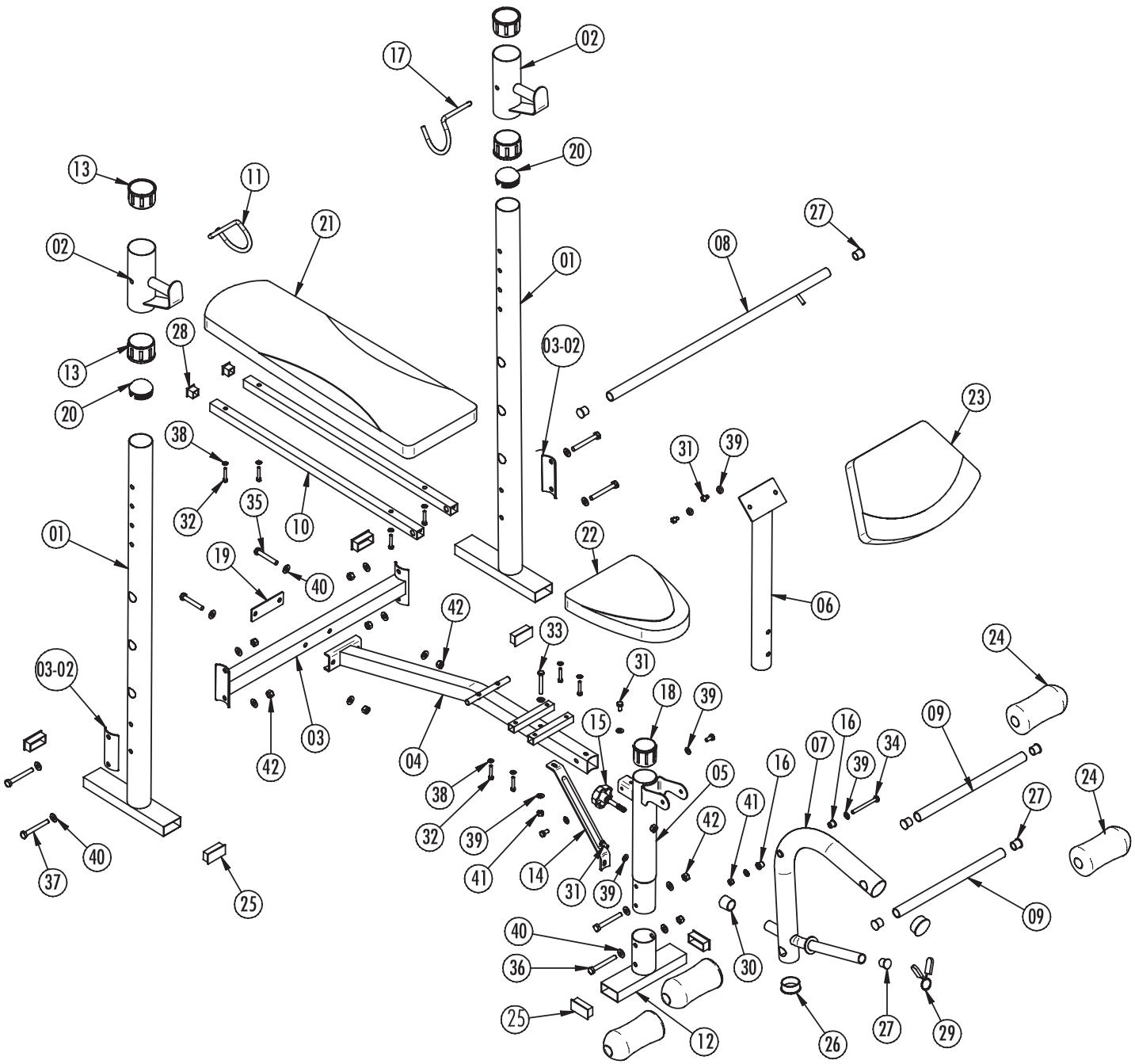

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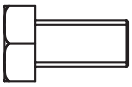
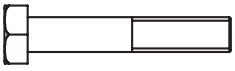


M8x16

32 x8



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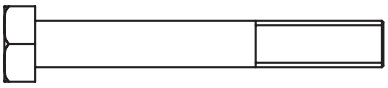
38 x8

Ø6

33 x1



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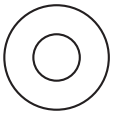

Ø8

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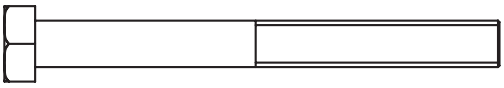

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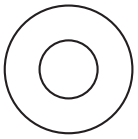
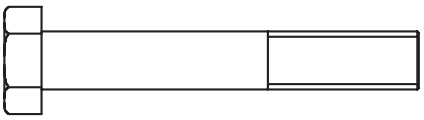


Ø10

35 x2

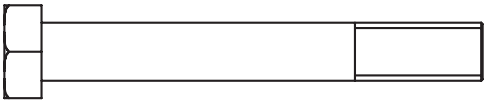


M10x65

41 x2

M8

36 x2



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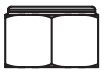
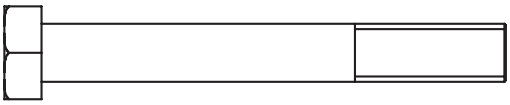
42 x8



M10

37 x4



M10x80

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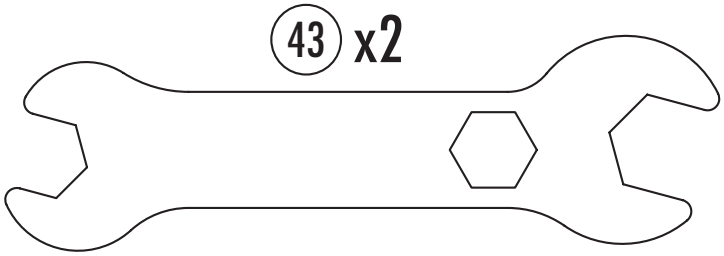
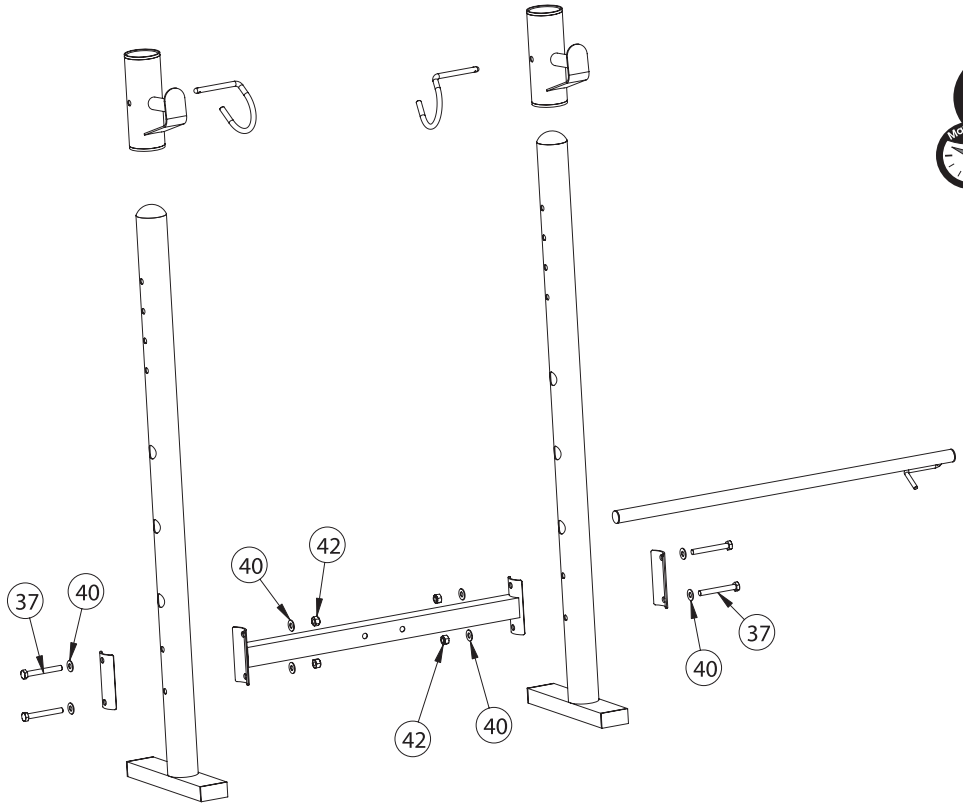


MONTAGE • ASSEMBLY •MONTAJE • MONTAGE • MONTAGGIO • AFWERKING • MONTAGEM • MONTAŻ • SZERELÉS • Сборка • Συναρμολόγηση • MONTAJ • MONTÁŽ • MONTÁŽ • 安装

1



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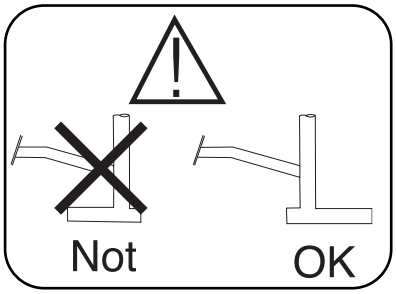

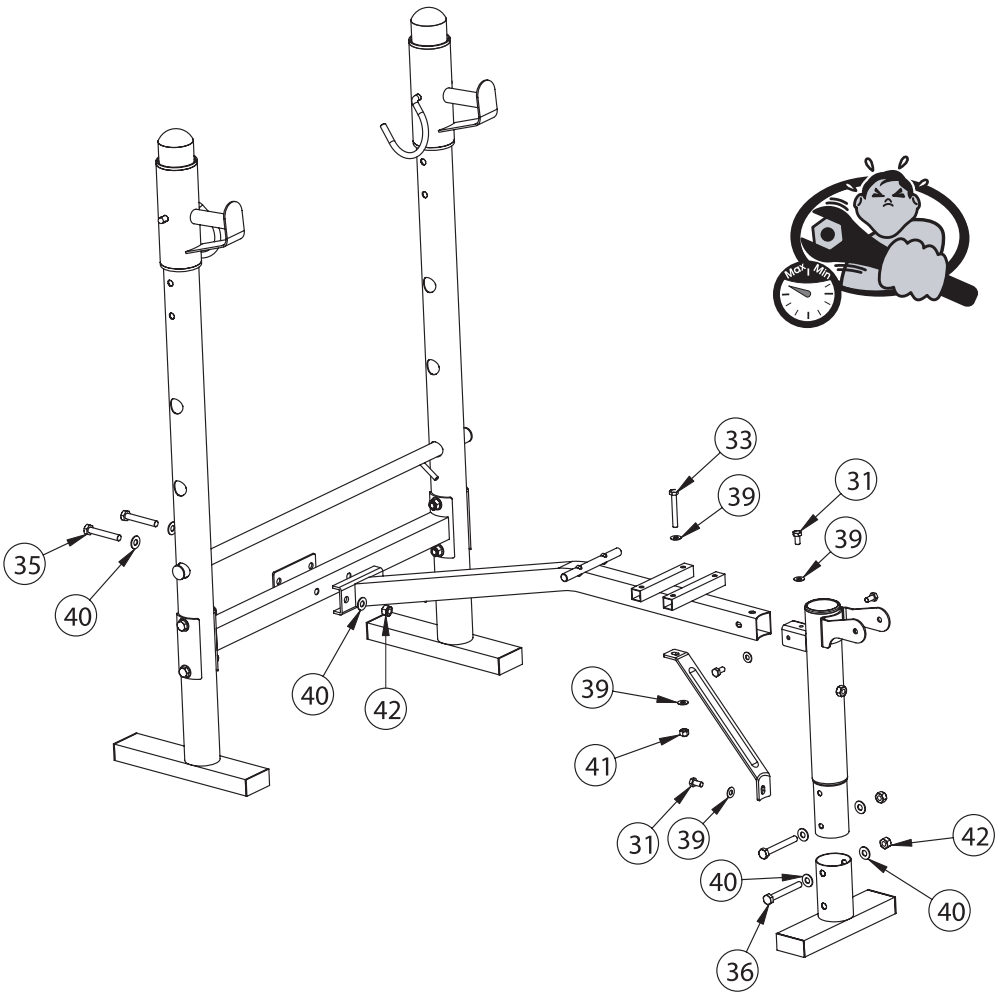

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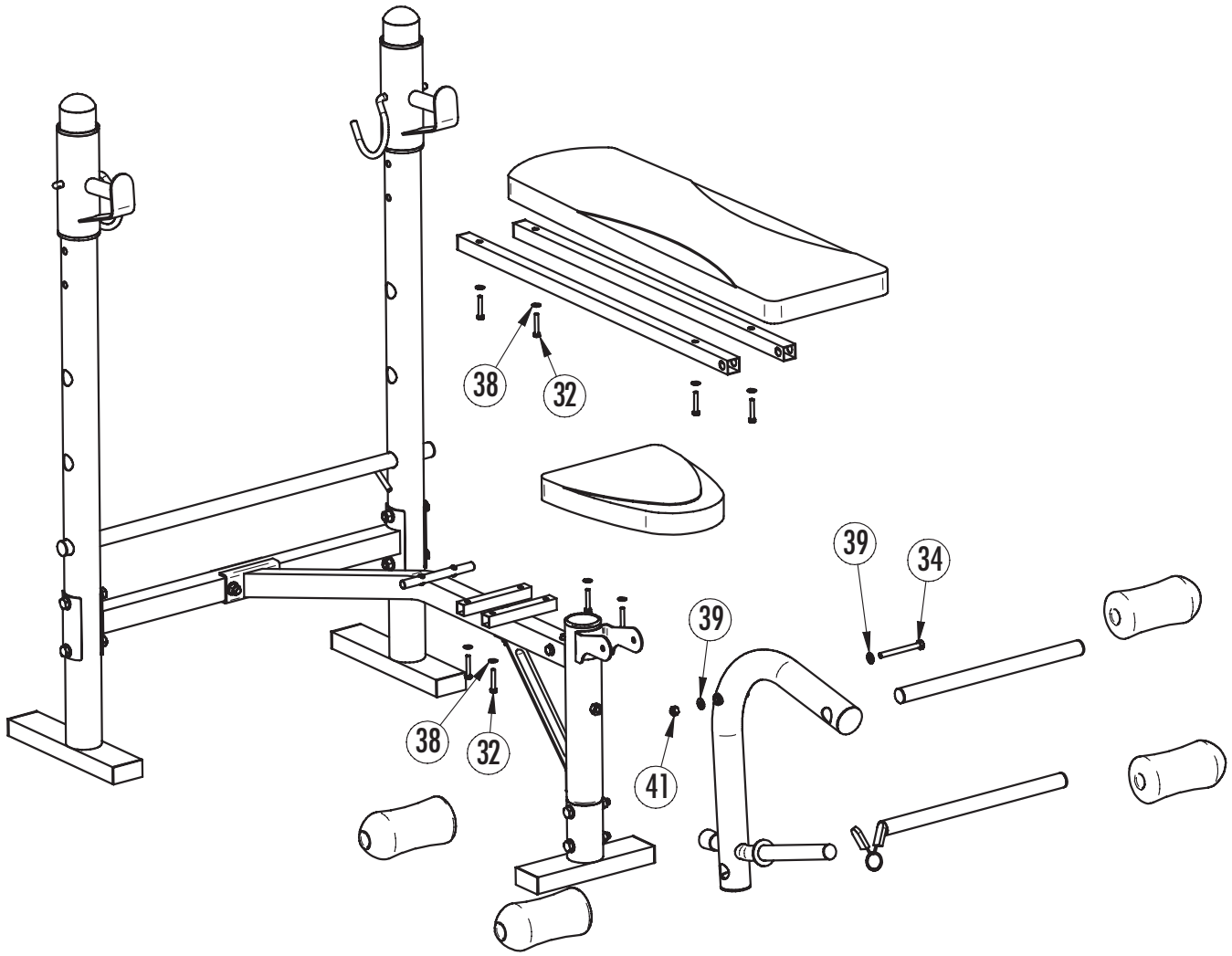

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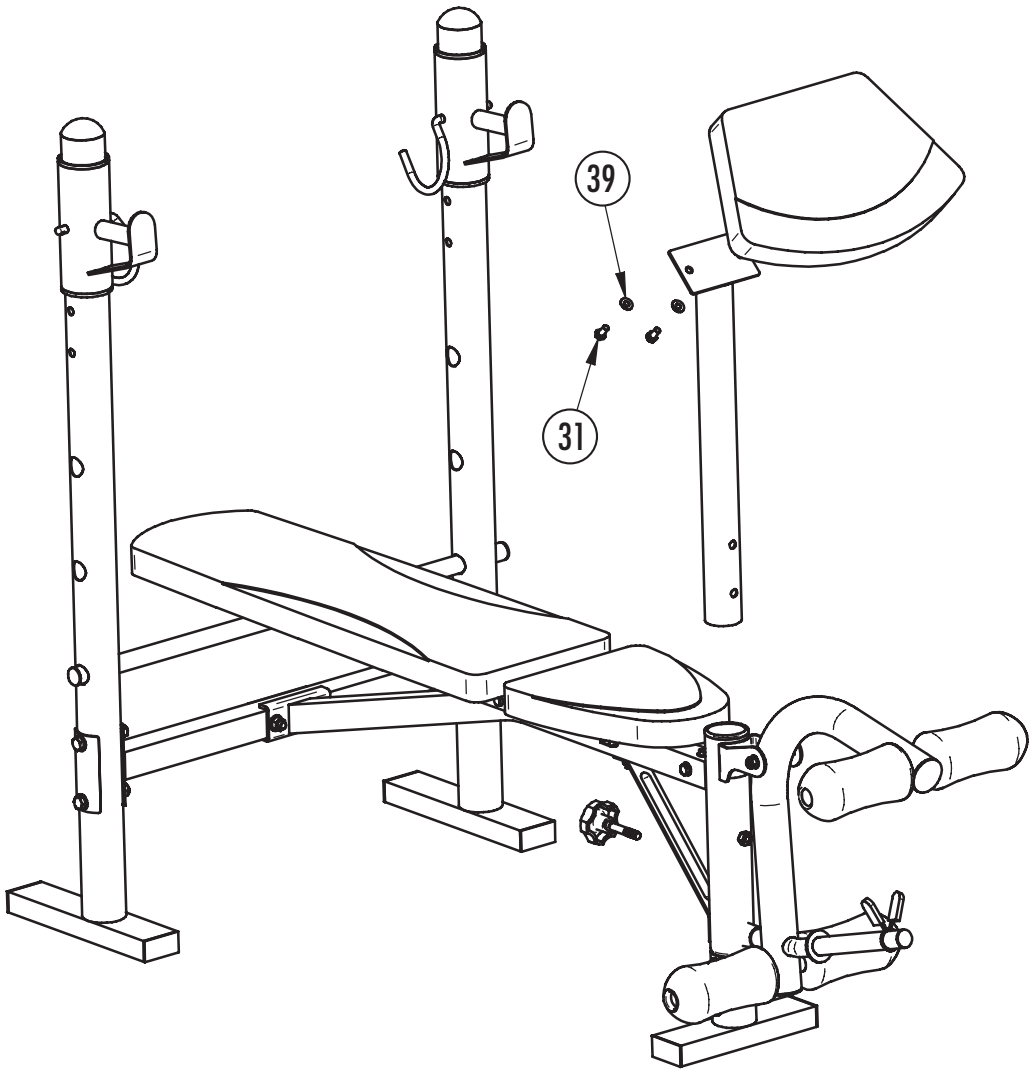
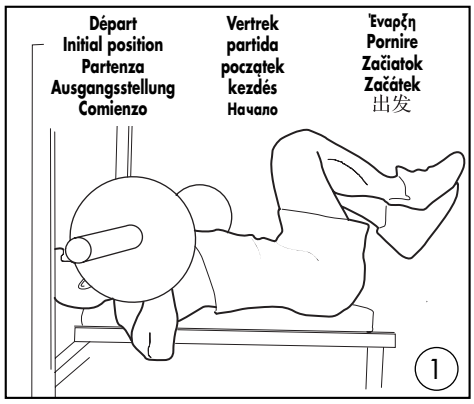
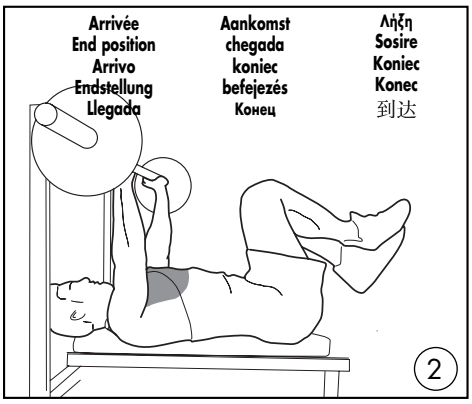
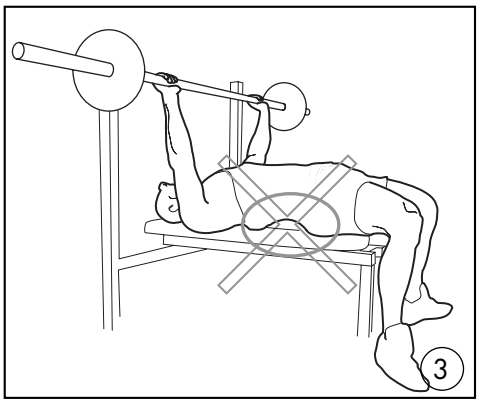
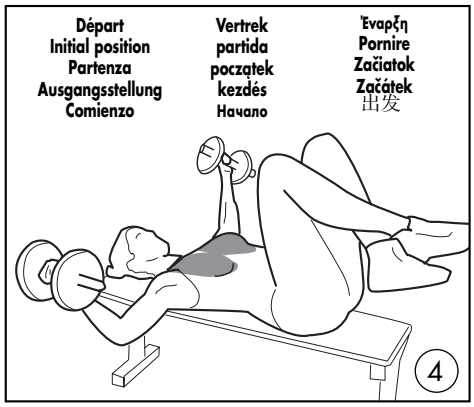


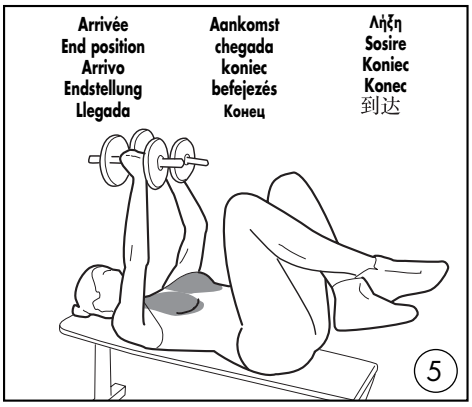
EXERCICES • EXERCISES • EJERCICIOS • GRUNDÜBUNGEN • ESERCIZI • OEFENINGEN • EXERCÍCIOS • ĆWICZEŃ • GYAKORLATOK • УПРАЖНЕНИЯ • Α Σ Κ Η Σ Ε Ι Σ • Exerciții • CVIČENIE • CVIČENÍ • 训练

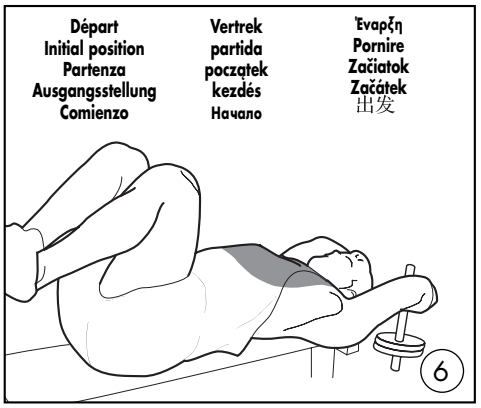


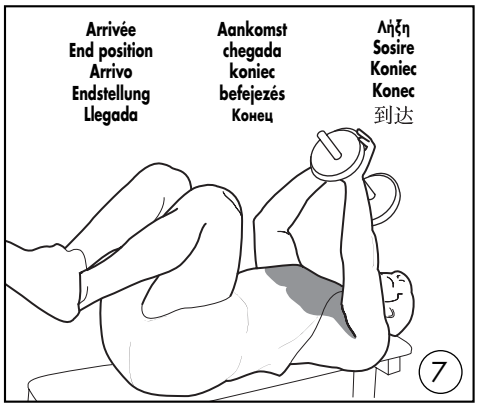


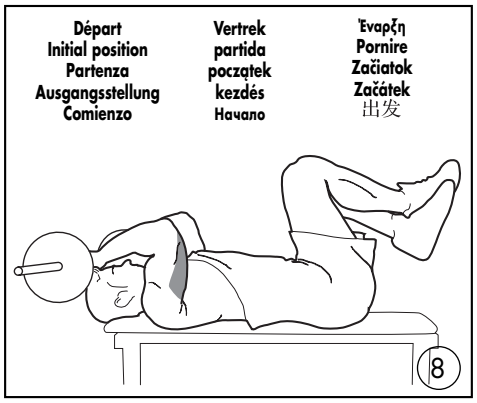


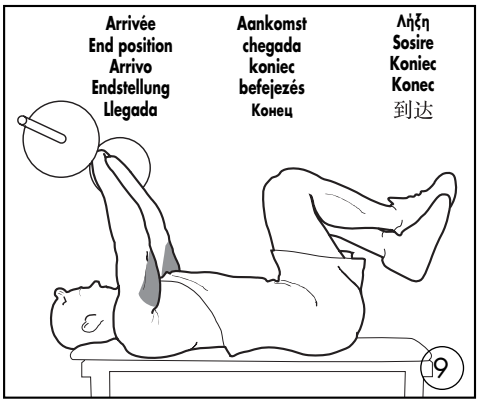


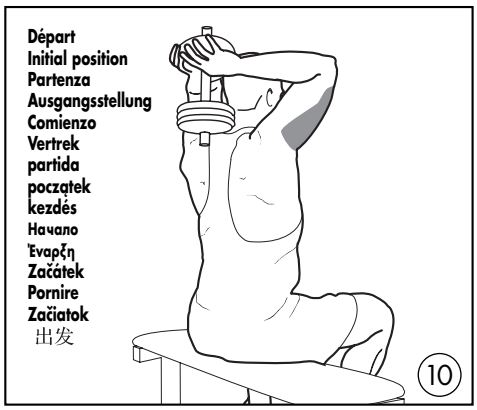


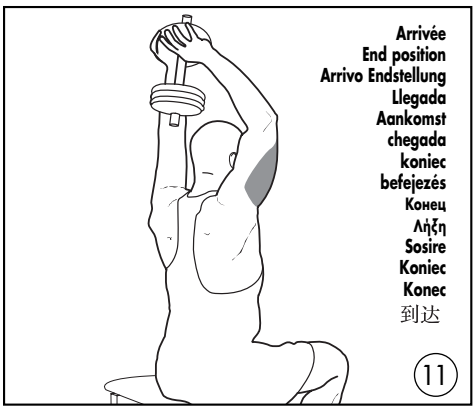


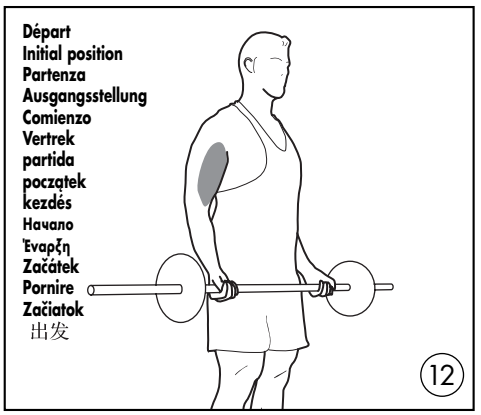




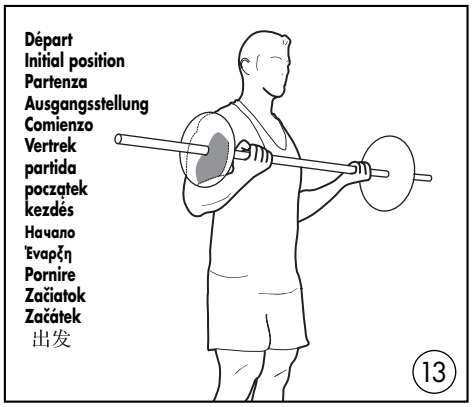


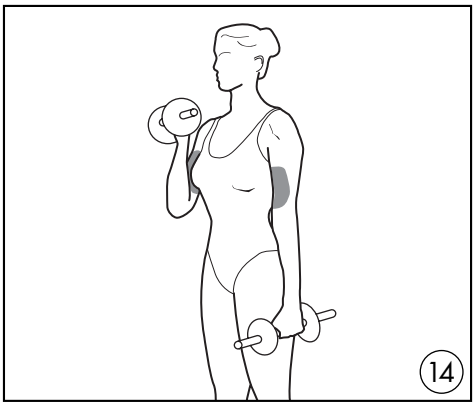


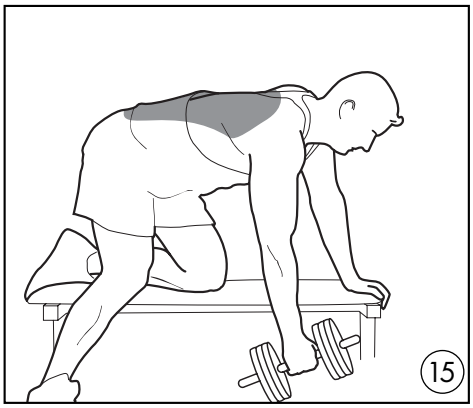


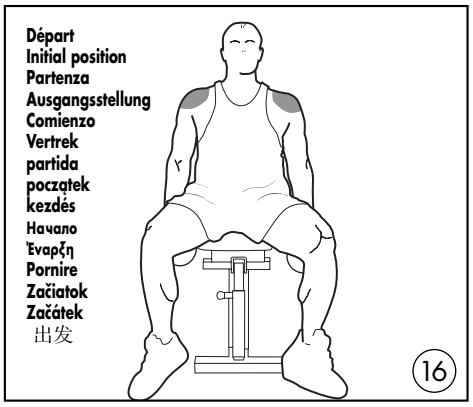


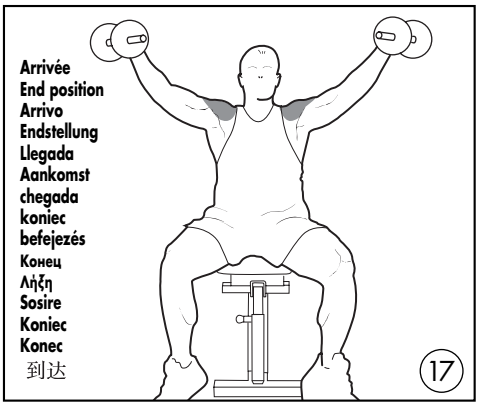
EXERCICES • EXERCISES • EJERCICIOS • GRUNDÜBUNGEN • ESERCIZI • OEFENINGEN • EXERCÍCIOS • ĆWICZEŃ • GYAKORLATOK • УПРАЖНЕНИЯ • Α Σ Κ Η Σ Ε Ι Σ • Exerciții • CVIČENIE • CVIČENÍ • 训练

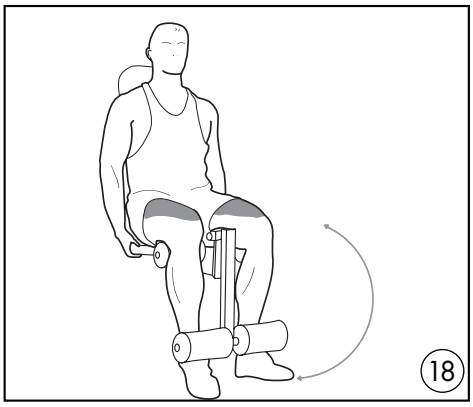


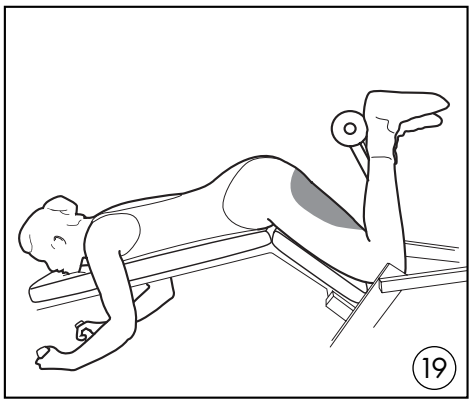


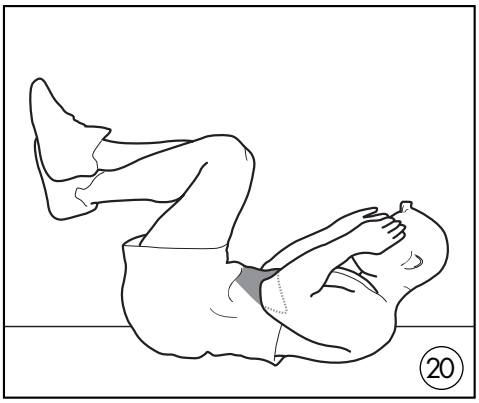


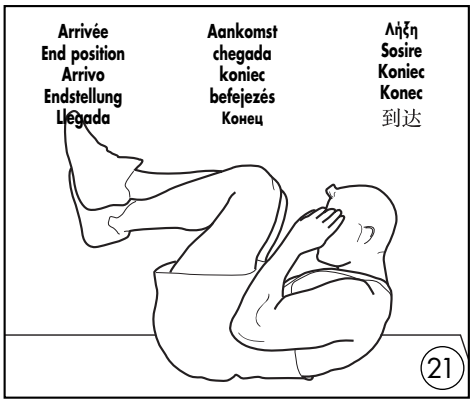


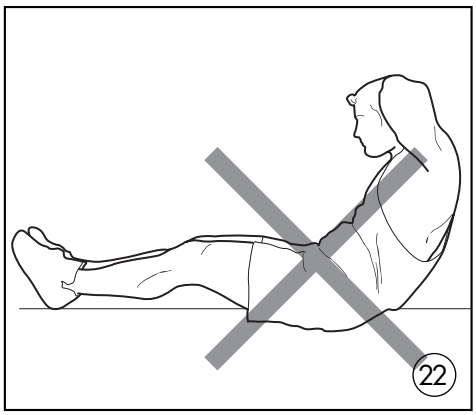


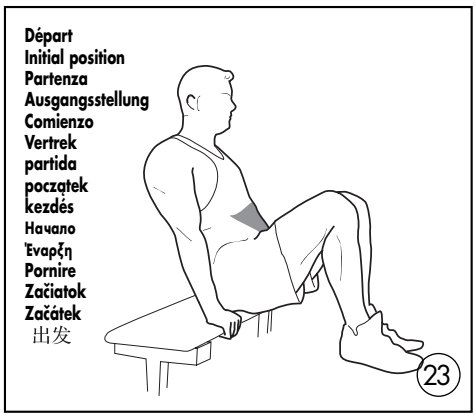


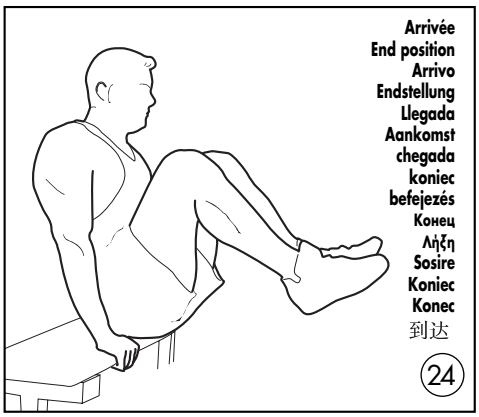










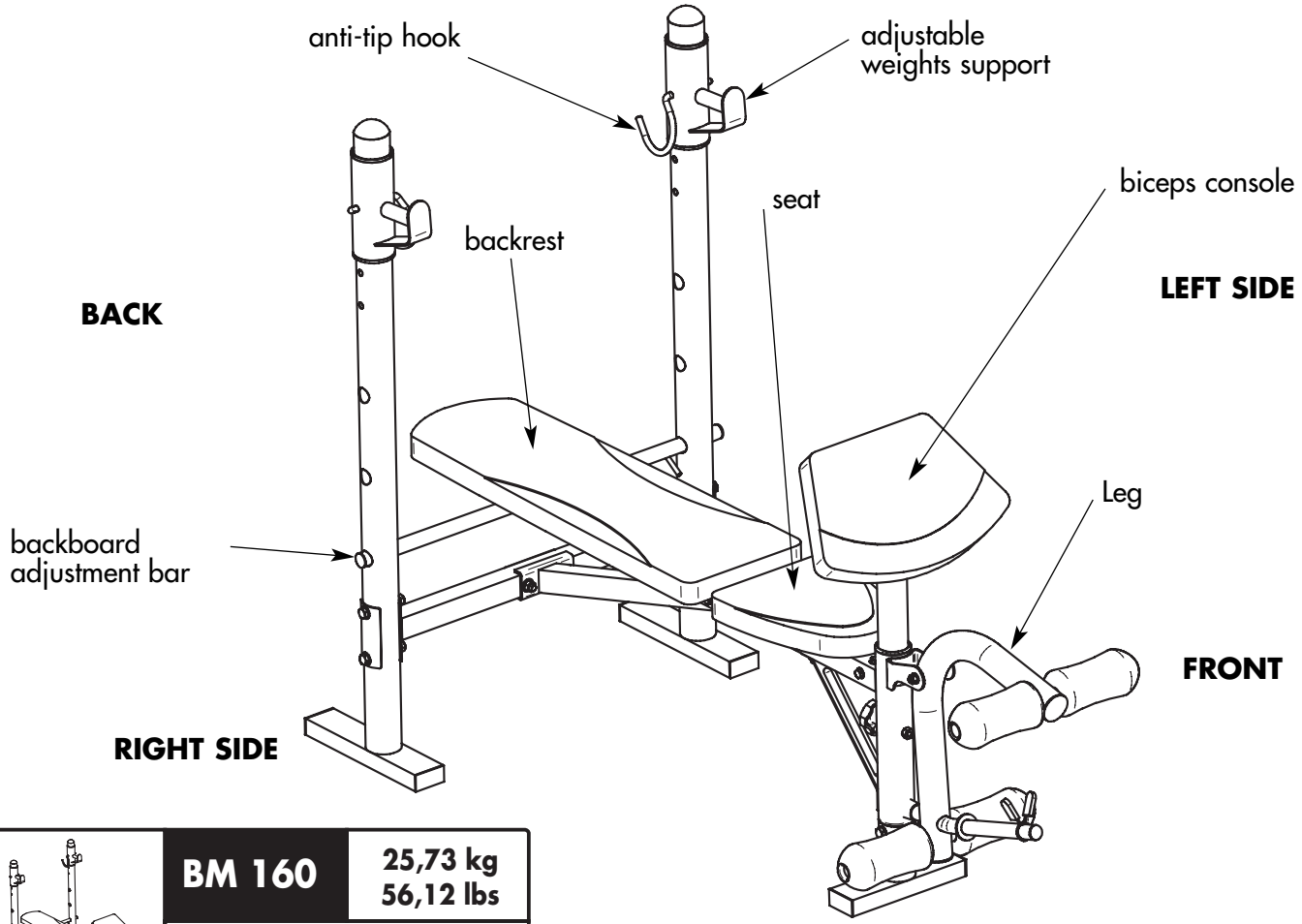


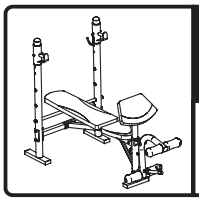
E N G L I S H

You have chosen a piece of fitness equipment by DOMYOS. We thank you for your confidence in us.
We have created the DOMYOS brand to provide a way for all athletes to stay in shape. This is a product created by athletes for athletes.
We would like to receive your comments and suggestions concerning DOMYOS products. Therefore, your store team and the DOMYOS product design departments are ready to listen.
If you would like to write to us, please send an e-mail to the following address: www.decathlon.com
We wish you successful training and hope that you will enjoy using this DOMYOS product.

INTRODUCTION

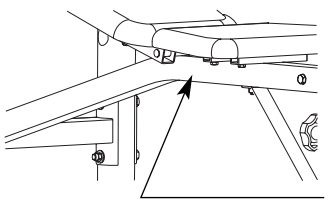
The BM160 is a compact and versatile workout bench.
Training with this type of apparatus is designed to tone all of your muscle mass and improve your physical condition through a localized, muscle-by-muscle workout.
The high level of resistance afforded by this product makes the BM160 your ideal companion as your workout evolves.





BM 160	25,73 kg 56,12 lbs
180 x 148,9 x 73 cm 46,5 x 59 x 29 inch	

Model N° : _____
Serial N° : _____
Write the serial number in the space above for future reference.


Serial number Decal

CAUTION

Read all warnings affixed to the product.

Read precautions and instructions in this manual before using this equipment.

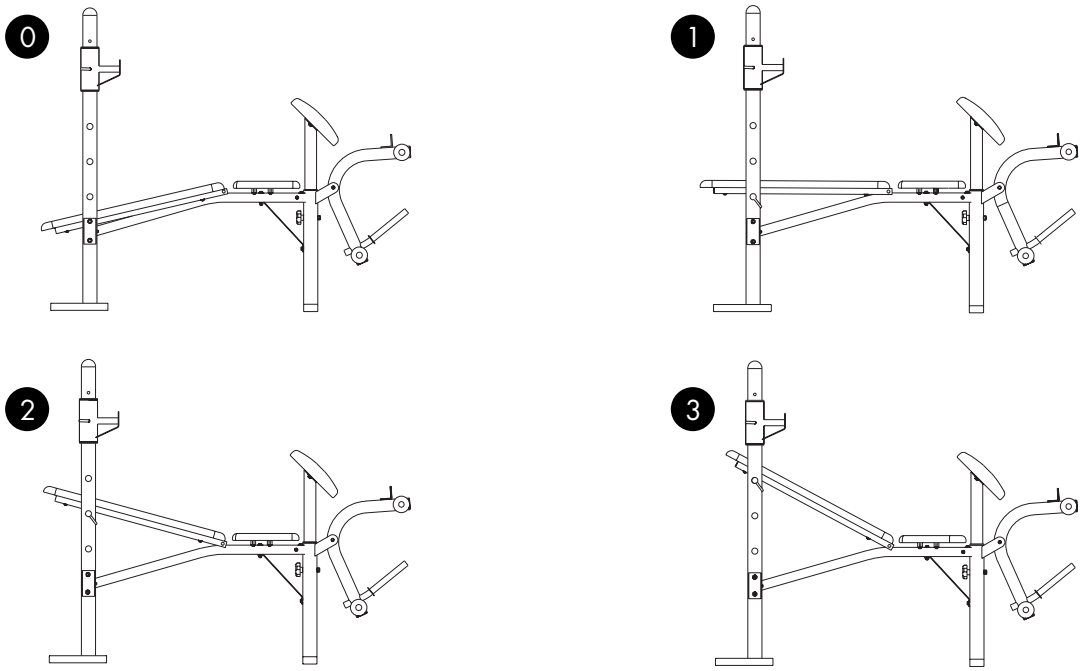
Keep this manual for future reference.

SAFETY

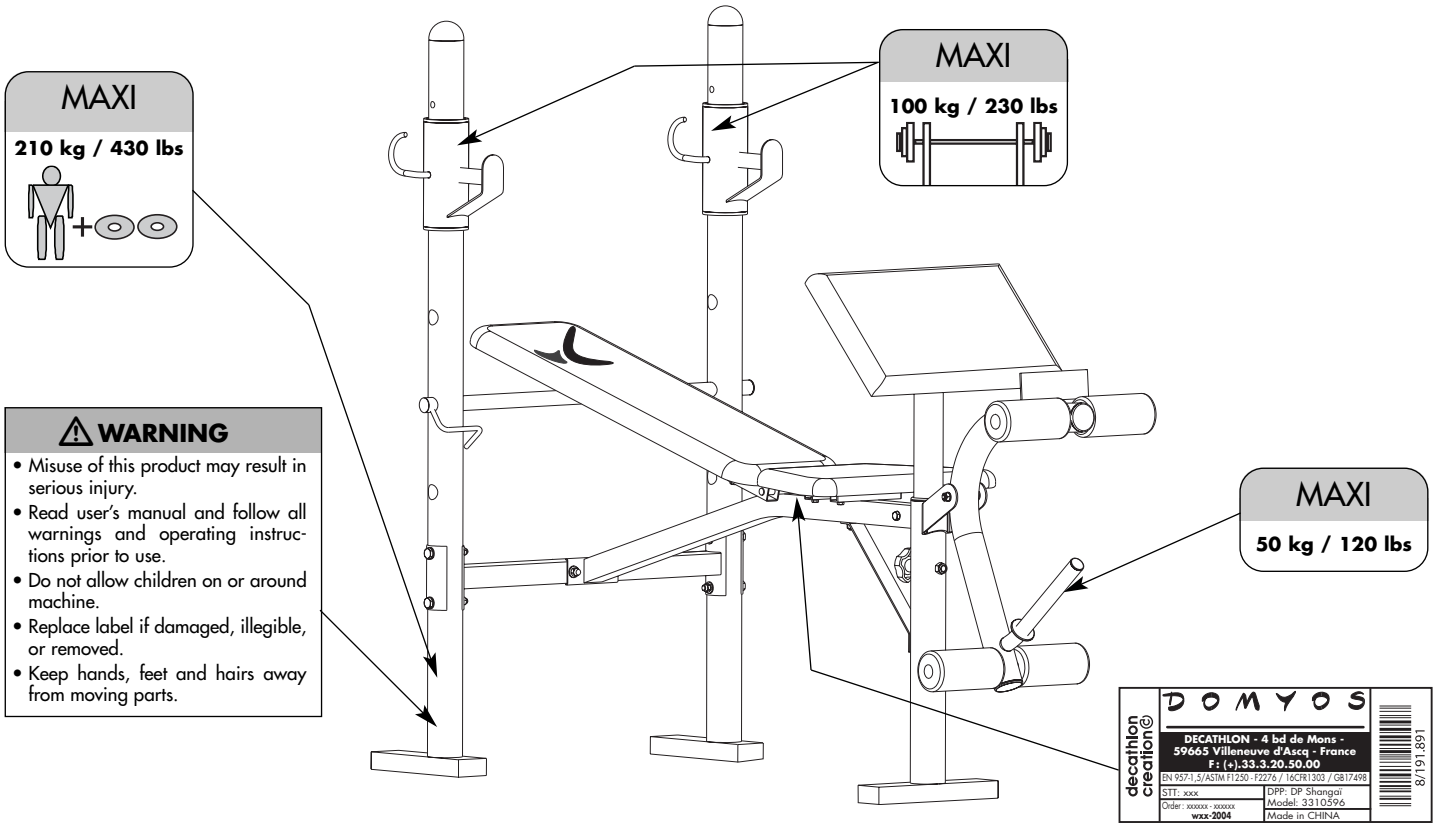
Warning: to reduce the risk of serious injury, please read the important precautions below before using the product.

1. Read all the instructions in this manual before using the product. Use this product only in the way described in this manual. Keep this manual during the product's service life.
2. An adult should do the assembly of the appliance.
3. It is up to the owner to make sure that all of the product's users are properly informed on all the user precautions.
4. Domyos declines all responsibility for injury or for damage inflicted on any person or property caused by the purchaser or any other person using this product.
5. Before changing positions and exercises or adjusting settings, remove the weights and the bar support or any other option that may be on the bench. Remove the weights progressively on each side of the bar.
6. The product is intended for domestic use only. Do not use the product in a commercial, rental or institutional context.
7. For interior use only, in a dry and dust-free environment, on a flat and solid surface and in a sufficiently large space. Make sure there is sufficient space to move around the product in complete safety. To protect the floor, place a carpet under the apparatus.
8. It is up to the user to ensure adequate maintenance of the product. After assembly and prior to each use, check to make sure that all adjustment mechanisms are tightly closed yet not over-forced. Always check the state of parts subject to the greatest wear.
9. In the event that your product deteriorates in some way, immediately have all used or defective parts replaced by the After Sales Service department of the DECATHLON store nearest you and do not use the product until it has been fully repaired.
10. Do not store the product in a humid environment (near to a swimming pool, bathroom, etc…).
11. To protect your feet during exercise, always wear athletic footwear. DO NOT wear full or hanging clothing, which might get caught in the machine. Remove all your jewelry.
12. Pull your hair back so that it doesn't bother you while exercising.
13. If you experience pain or dizziness while exercising, stop immediately and rest and then consult your doctor.
14. Keep children and domestic animals at a safe distance from the product at all times.
15. Do not place your hands or feet near to any moving parts.
16. Don't try to force the adjustment mechanisms.
17. For safety reasons, never attempt to modify this product in any way.
18. While exercising, do not arch your back, but rather hold it straight.
19. Any assembly or disassembly of the product must be performed with care.
20. Bar cradle maximum load (bar brackets alone): 100 kg/230 lbs.
21. Leg developer maximum load: 50 kg/120 lbs.
22. Maximum user weight on the bench with this load: 210 kg/430 lbs.

CONTROLS



The warning decals shown on this page have been placed on the product in the locations shown below. If a decal is missing or illegible, please contact your nearest DECATHLON store and order a free replacement decal. Place the decal on the product in the location shown.


MAXI
210 kg / 430 lbs
MAXI
100 kg / 230 lbs
MAXI
50 kg / 120 lbs
⚠ WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.
• Keep hands, feet and hairs away from moving parts.
DOMYOS
decathlon creation©
DECATHLON - 4 bd de Mons - 59665 Villeneuve d'Ascq - France
F: (+).33.3.20.50.00
EN 957-1,5/ASTM F1250 - F2276 / 16CFR1303 / GB17498
STT: xxx
DPP: DP Shangai
Order : xxxxxx - xxxxxx
Model: 3310596
wxx-2004
Made in CHINA
8/191.891

USAGE

For an optimal workout, consider the following recommendations :

- If you are a beginner, start by working out for several weeks with light weights to get your body accustomed to a muscular workout.
- Warm up before each session with a cardio-vascular workout, several series without weights or floor exercises to warm and stretch the muscles. Increase weights gradually.
- Perform all movements regularly and smoothly
- For beginners, work by series of 10 to 15 repetitions, in general, 4 series per exercise. Alternate muscle groups. Do not work all your muscles every day, but rather spread your workout out over several days.

Example of a sound workout schedule:

MONDAY: PECTORALS/TRICEPS
TUESDAY: SHOULDERS/ABDOMINALS
WEDNESDAY: BACK/BICEPS
THURSDAY: REST
FRIDAY: THIGHS/ABDOMINALS
SATURDAY/SUNDAY: REST

TRADE WARRANTY

DECATHLON guarantees this product for parts and labor, under normal conditions of use, for 5 years for the structure and 2 years for wear parts and labor starting on the date of purchase, confirmed by the date on the sales ticket.

DECATHLON'S obligation in compliance with this warranty is limited to the product's replacement or repair, at DECATHLON'S convenience.

All the products for which the warranty is applicable, shall be accepted by DECATHLON in one of its authorized service centers, sent postage paid together with the proof of the purchase.

This warranty cannot be applied in the following cases:
- Damage caused during transport
- Misuse or abnormal use
- Repairs done by people not authorized by DECATHLON
- The commercial use of the product concerned

This trade warranty does not exclude the legal guarantee(s) applicable according to countries and / or provinces.

DECATHLON – 4 BOULEVARD DE MONS – BP299 – 59665 VILLENEUVE D'ASCQ – France -

E X E R C I S E S

The basic exercises for harmoniously developing your muscle mass are described here.

PECTORALS

BENCH PRESS (1,2,3)

Equipment: BM160. One bar, minimum 1m55. Iron plates.

Put the bench in position 1

With the bench flat, lying on your back, grasp the bar from the cradle. The handhold must be greater than the width of your shoulders. (Your arms and forearms must make a 90° angle at mid-movement). Your head should be resting on the bench. Your back should be completely flat. To avoid any arching of the lumbar vertebrae, you can place your heels on the bench or pull your knees in close to your chest.

Exercise : Inhale, while bringing the bar to your chest (without letting it rest there), then press the bar up smoothly, while exhaling. Your elbows should be wide apart (your arms and your torso should make a 90° angle).

Muscles worked: Pectorals, triceps, front of the shoulders.

INCLINE PRESS:

Same exercise while raising the angle of the BM160's bench by up to 30°.

Put the bench in position 2 or 3

This position also works the pectorals, but particularly the upper section of this muscle.

DECLINE PRESS:

Put the bench in position 0

Same exercise while lowering the angle of the bench

This position also works the pectorals, but especially the lower part of the muscle.

DUMBBELL PUSH UP (4,5)

Equipment: BM160. A pair of short dumbbells.

Same position as for the bench press. Instead of grasping the bar, take a short dumbbell in each hand. Start with arms extended (without locking the elbows) above the chest.

Exercise : Inhale, open your arms up wide in such a way as to bring your arms down to the level of your torso. Your elbows should remain slightly bent. Don't bring the dumbbells any lower than bench height so as not to strain the shoulder joints. Then raise the dumbbells back up over your chest as you exhale.

Muscles worked: Pectorals, front of the shoulders.

PULLOVER (6,7)

Equipment: BM160. A short dumbbell

Position 1: Same position as for the bench press. Grasp the short dumbbell with your 2 hands while checking that the iron plates are securely blocked by the collars. Start with arms semi-extended, dumbbell above the chest.

Exercise : Inhale, expanding your rib cage, lower your arms behind your head in such a way as to bring the dumbbell down to bench level. While exhaling, raise the dumbbell up over the chest. The back should remain absolutely flat and must not arch.

Muscles worked: Pectorals, triceps, latissimus dorsi muscles.

TRICEPS

FRENCH PRESS (8,9)

Equipment: BM160, bar and iron plate

Position : Same as for the bench press. Grasp the bar in the middle with a tight grip (a handhold of roughly 20 cm)

Exercise : Bring the bar towards the front while inhaling. Lift the bar back up while exhaling. Only the forearms should move. The elbows, the torso and the arm should not participate in the movement.

Muscles worked: Triceps (arm extensors)

SEATED EXTENSION (10,11)

Equipment: BM160, a short dumbbell.

Position: Seated on the bench, with your back straight. Check that the plates are securely blocked by the collars. Hold the dumbbell with both hands.

Exercise : Bring the dumbbell down to the nape of your neck while inhaling. Then raise the dumbbell up over your head while exhaling.

Only the forearms should move. The elbows should not budge.

Muscles worked: Triceps

BICEPS

CURL bar (12,13)

Equipment: A bar and plates

Position : Standing, grasp the bar, palms of the hand facing up, elbows glued to the torso, with knees slightly bent or one foot slightly in front of the other to protect the lumbar vertebrae.

Exercise : Bring the bar to your chest while exhaling. Lower the bar down while inhaling. The elbows and torso should not budge during the whole movement.

Muscles worked: Biceps (arm flexors)

CURL dumbbells (14)

Equipment: Pair of short dumbbells

Position : Standing (or seated on the BM160), take the dumbbells

Exercise : While exhaling, alternately bring the dumbbells to your shoulders by bending your arms.

Muscles worked: Biceps

DORSALS

ONE ARM ROW (15)

Equipment : BM160, a short dumbbell.

Position : With the bench flat, place one knee on it. Bend from your lower back with the arm of the same side supporting you. Your back must remain flat (parallel to the bench) during the exercise. Pick up the short dumbbell with your free hand.

Exercise : As you inhale, bring the dumbbell up to the level of your hips. Then return to your starting position as you exhale.

Muscles worked : latissimus dorsi muscles.

SHOULDERS

(16,17)

Equipment : BM160, pair of dumbbells

Position : Seated on the bench, back perfectly straight, one dumbbell in each hand.

Exercise : As you exhale, raise your slightly bent arms up to your shoulders. As you inhale, lower them to a resting position at the level of the waist.

Muscles worked : Deltoids.

THIGHS

LEG EXTENSIONS (18)

Equipment : BM160, iron plates to be placed on the leg developer.

Position : Seated, with the back perfectly straight. Adjust the leg developer so the foam pads are at ankle level when the feet are placed behind the roller pads.

Exercise : As you exhale, extend the legs. Return to your starting position without letting the weights fall. Do not completely lock your knees during the extension.

Muscles worked : Quadriceps

LEG FLEXING (19)

Equipment : BM160, iron plates for the leg developer

Position : Flat on your stomach on the bench in the decline position (position 0). Adjust the leg developer so that the roller pads are at ankle level, a close as possible to the heel.

Exercise : Raise your heel as close as you can to your buttocks. Return your leg to the starting position without dropping the load. Your hips should not budge during the movement.

Muscles worked : Hamstring

ABDOMINALS

UPPER ABS (20,21,22)

Position : Lying on the bench. The legs are bent at 90°and must remain bent during the whole movement.

Exercise : Bring your chest to your knees as you exhale. Return to the initial position. Your legs must always form a 90° angle (maximum) with your torso.

Muscles worked : Rectus abdominus, specifically the upper part of the abdominals.

INCLINE PRESS

To give greater intensity to the exercise, you may use the bench as a sit-up board. Put the bench in the decline position, stabilize the leg developer with a strap and sit on the bench, blocking your feet with the roller pads.

LOWER ABS (23,24)

Position : Seated on the bench. The legs are bent and form a 90° angle with the torso.

Exercise : Raise your knees to your chest as you exhale. Return to your starting position, that is, with your legs making a maximum right angle with your torso. Your legs should remain bent throughout the movement.

LEG LIFTS

To give greater intensity to the exercise, you may use the bench as a sit-up board. Put the bench in the decline position, stabilizing the leg developer with a strap. Lying on your back, your head positioned next to the leg developer, hold on to the knee supports and bend your legs. Lift your legs up to your chest.

WARNING

Consult your doctor before starting an exercise program. This is particularly important for people over 35 or having had health problems before. Read all the instructions before use.

MAINTENANCE

To prevent perspiration from damaging the upholstery, use a towel or wipe down the upholstery after each use.
Lightly grease moving parts to improve functioning and avoid premature wear.